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Halifax metro

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QUEBEC MOSQUE SHOOTING



SOLIDARITÉ FROM HALIFAX

Hundreds pack Grand Parade for vigil after Quebec City mosque shooting

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QUEBEC MOSQUE SHOOTING

'My own inner fear'

Activist speaks out on attack's effects in the community



Yvette d'Entremont
Metro | Halifax

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

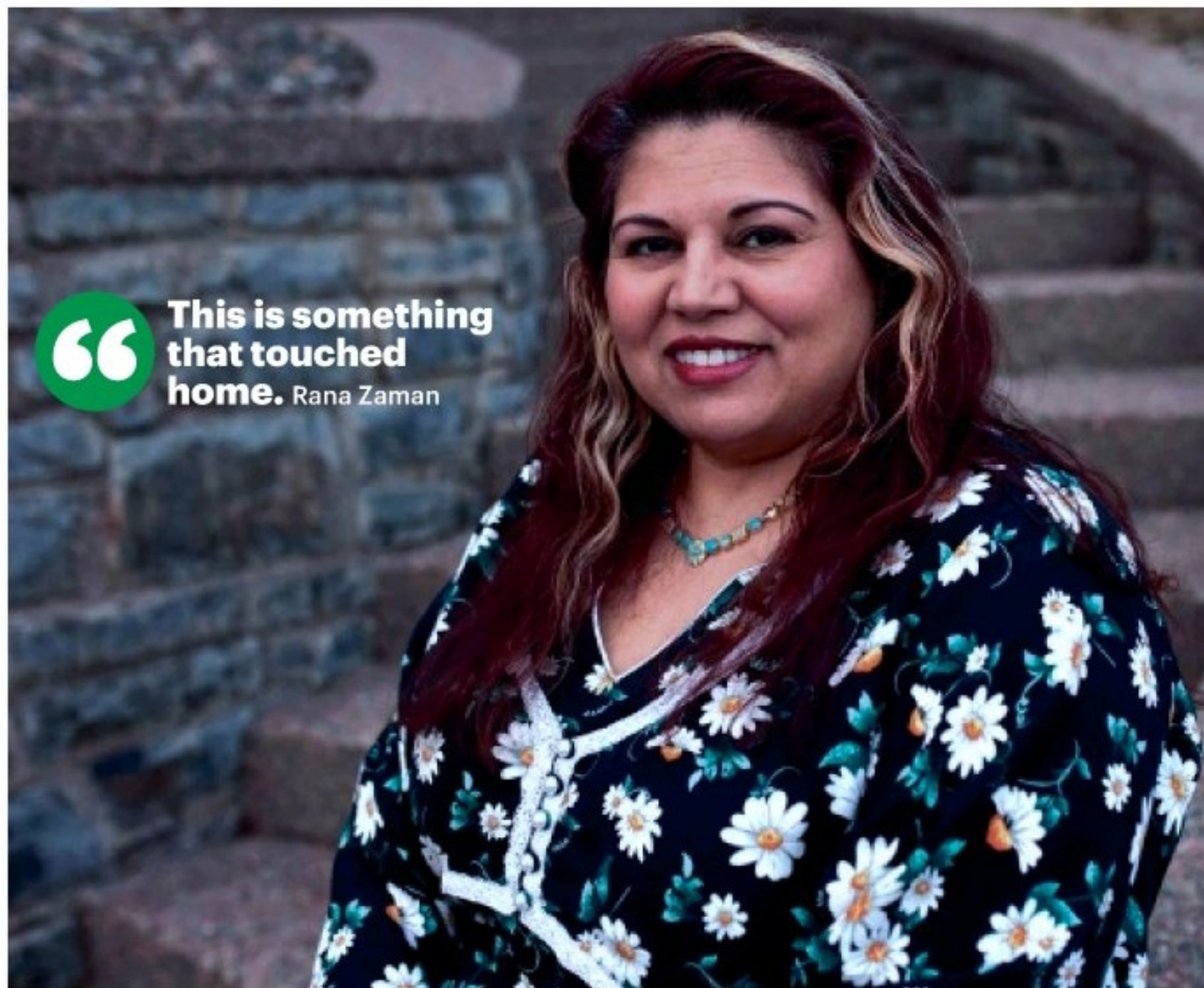
"I'm the one who's promoting the positive message all the time to our newcomer families, and I'm encouraging them to leave their differences behind and to leave their hatred behind and all of a sudden this happens," she said.

"To be confronted directly so close to home? It's a terrifying prospect. It has affected everyone."

Zaman said her community is hoping for unity and she's been moved by the support from Canadians of all faiths.

She was thrilled to learn the mayor's office had arranged a candlelight vigil for Monday night to honour the victims.

"This has been, I think, a



This is something that touched home. Rana Zaman

Rana Zaman was named one of Metro's Halifax Heroes last year. JEFF HARPER/METRO

culmination of years and years of Islamophobic propaganda and racism that has been going unchallenged by not just the average person, but by our politicians, our leaders and the media to some extent, that has led to this," she said.

"It doesn't matter who the shooters are or where it's taking place.

"It is important for us to take a strong stand of solidarity, of non-violence, of peace and love. That message has to get out there."

On Monday, Zaman stressed the importance of hearing from voices outside the Muslim community.

Dartmouth resident Warren Wesson, a non-Muslim, was

one of many who wanted to add his voice.

He planned to attend Monday's vigil and encouraged everyone to do the same.

"We can't start using terms like us and them. Nobody has a monopoly on psychopathy... This is not an Islamic issue. This is an everyday issue. This transcends religion,"

Wesson said.

"We are at a unique point here in Canada where we have 150 years of getting along, where we can bring that to bear on the situation and try to get people to understand the difference between somebody's faith and somebody acting out of no more moral regard than a serial killer."

Halifax man wonders: 'What's the next mosque?'

The attack that killed six men at a Quebec City mosque has stoked growing fears among Canadian Muslims amid calls for increased security and awareness about the power of hate speech.

"It's not just that it's un-

settling, it's scary," Imam Zia Khan of the Centre for Islamic Development in Halifax said Monday.

"What's the next mosque?" he asked. "It's not a good feeling. It's a feeling of the unknown."

Khan said he's already hear-

ing from some members of the Muslim community who fear acts of violence in the future. They want more closed-circuit cameras to step up security measures.

The Quebec City shooting has shocked and frightened a

minority Muslim community that was already on edge, Khan said in an interview. His local mosque has been targeted in the past with graffiti and hate mail urging followers to leave the country.

"Many things have taken

place but people always said: 'Oh, these are the people who are creating the problem all over the world, so who really cares?'" Khan said. "Sympathies were very little."

"But now, the problem is coming home here." THE CANADIAN PRESS

Words from leaders



How do we comprehend the terrible news in Quebec of death and injury at a place of worship? We stand with the victims and their families.

Mayor Mike Savage via Twitter



Be especially kind to each other today. A simple 'hello' when passing on the street can go a long way. Devastating.

Jamie Baillie, Progressive Conservative leader



Our thoughts & prayers r with the Muslim community, people of Québec City & @SPVQ_police as they deal with this terrorist attack.

Police Chief Jean-Michel Blais on Twitter



Canada is welcoming and diverse. I stand with my colleague and friend Premier Philippe Couillard in embracing the values of a multicultural society.

Premier Stephen McNeil



I share the revulsion and sorrow of the people of Canada in the face of the unspeakable tragedy yesterday in Quebec City.

Gary Burrill, NDP leader

QUEBEC MOSQUE SHOOTING

MEMORIAL

Hundreds gather for Dalhousie vigil

Anna Sophia Vollmerhausen
For Metro | Halifax

Hundreds of people gathered at Dalhousie University Monday to remember the victims of the recent attack on a Quebec City mosque.

The afternoon vigil, which was organized by the Dalhousie Muslim Students' Association (DMSA), started with a Mi'kmaq prayer and memorial song before a moment of silence was held.

Hasan Sinan, a student at Dalhousie, said the news of the attack shocked him.

"It was hard to go out of my apartment this morning. I didn't know what would be different, how would people look different at me or at my sister, who wears a hijab," Sinan said. "But coming here, seeing the diversity that has come to stand in solidar-

ity with us is heartwarming." It was important for him, he said, to see the diversity of people from different races and religions that showed support by attending the vigil.

For Amber Tucker, an attendee at the vigil, it was about showing solidarity.

"We can't keep pretending as if there are these divisions between us, we have to act as if we are more united, because we are, even if we're trying to pretend that we're not," Tucker said.

Masuma Asad Khan, the president of the DMSA, delivered the final words at the vigil.

"I want you all to remember what this feels like, and remember this forever, because the whole reason we are here today is because hate has drawn us here," she said.

"But what is going to come out of a vigil like this? Nothing but love."



Seeing the diversity that has come to stand in solidarity with us is heartwarming.

Hasan Sinan



People attend a vigil at Dalhousie University on Monday, the day after a deadly shooting at a Quebec City mosque.

ZANE WOODFORD/METRO



Several hundred people filled Grand Parade in Halifax for a vigil on Monday following the shooting at a Quebec City mosque.

ZANE WOODFORD/METRO

Strength in diversity

VIGIL

Haligonians 'show love' at Grand Parade

Zane Woodford
Metro | Halifax

Haligonians of different colours, creeds and religions came together Monday night in a show of solidarity the day after a tragic and deadly attack on a Quebec City mosque.

Several hundred people filled Grand Parade for the second vigil of the day in Hali-

fax. Some held candles, and some held signs.

"Mi'kmaq in solidarity with Muslims," said one.

"Jews stand with Muslims," another.

"Diversity is our strength," a few.

And that was the theme of the night as a visibly emotional Mayor Mike Savage led a group of speakers including a few local imams, one of whom spoke of a "show of love" from the people of Halifax, just a day after so much hate mere hours away.

The three friends all have family in Quebec, and the shooting Sunday night that left

six dead and more wounded felt closer than any in the past.

"I think people are kind of immune to the idea that this kind of stuff can happen here. It definitely can," said Houle.

Sharon Martin came out to



It's a small way to show support and solidarity, and do something.

Natasha Small

show her support too, and the idea that such a tragedy can happen in Canada isn't lost on her.

"It's a shock that this happened, a shock," she said. "But then listening to the media, maybe we shouldn't be shocked that there's anger here too, unfortunately."

"People like to say love, but it's more difficult to show love," said Imam Zia Kahn.

Natasha Small and her friends Jenna Bourque and Gabrielle Houle came to Grand Parade to show they cared.

"It's a small way to show support and solidarity, and do something," Small said.

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QUEBEC MOSQUE SHOOTING

Canadians spring to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together in a strong show of support for the Muslim community. **METRO CANADA**

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

TORONTO:

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and ex-

press solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks ... We just need to continue to support each other."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique de Québec.

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.



A vigil in Montreal for victims of the shooting at a Quebec City mosque. **THE CANADIAN PRESS**

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chinese, Jewish, a Syrian group

and the LGBTQ community had come forward against the murders.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the

president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

Meanwhile, Aurangzeb Qureshi, spokesperson for

the Alberta Muslim Public Affairs Council, said the organization would be taking steps to prevent similar attacks in Edmonton.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

The fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban ... To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

Shooting suspect facing six counts of murder

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around

6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surêté du Québec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of



Alexandre Bissonnette

Agriculture and Food Sciences.

He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother

through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Université Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. **TORSTAR NEWS SERVICE**

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 Azzedine Soufiane — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 Khaled Belkacemi — Université Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Université Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 Abdelkrim Hassane — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government. **THE CANADIAN PRESS**

Partisanship forgotten in moment of political unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity, and freedom of religion."

Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror.

And that fits the definition."

Yet in the face of the American administration's leap to suggest the Canadian attack justified its extraordinary weekend immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act."

Trudeau's tough talk and calls for unity were echoed by four

other Opposition party leaders. They all spoke after Quebec provincial police announced only one of two persons arrested Sunday night was a suspect and the other merely designated a witness.

Trudeau's government faces its most challenging days since the 2015 election in the wake of the stunning attack, sweeping airport detentions south of the border, and loud calls for Canada to step up and denounce U.S. President Donald Trump's moves on immigration, security and trade. **TORSTAR NEWS SERVICE**



Justin Trudeau and Liberal MPs stand for a moment of silence Monday. **THE CANADIAN PRESS**

Donald Trump's administration: **Muslim ban**

'I would say I'm ready to make my voice heard'

GOVERNMENT

'Freaked out' Americans take to the streets to protest Trump

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on



Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

Sunday night. But his girlfriend told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of

an America-wide wave of organic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last

weekend it was rallies against Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back.

"When this administration acts like it has some overwhelming mandate and the majority of the country voted for somebody else, people are moved to act. And I don't think that this is a one-off situation," said Jason Kander, the former Missouri secretary of state. "I think it is becoming pretty clear that the demonstrations are going to be a part of the Trump administration if it continues to act as though it has a mandate that it doesn't have."

TORSTAR NEWS SERVICE

REFUGEES

'Maybe the U.S. is no longer a safe country'



Gilbert Ngabo
Metro | Toronto

Many advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties

Association has included scraping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

FALLOUT

Attorney general fired as White House dissent grows

President Donald Trump on Monday fired Sally Yates, the acting attorney general and a Democratic appointee, after she refused to defend in court his controversial refugee and immigration ban.

The extraordinary public clash over Trump's most consequential policy decision to date laid bare the discord and dissent surrounding the executive order, which temporarily halted the entire U.S. refugee program and banned all entries from seven Muslim-majority nations for 90 days.

The firing came hours after Yates directed Justice Department attorneys not to defend the executive order, saying she was not convinced it was lawful or consistent with the agency's "obligation to always seek justice and stand for what is right."

In a statement, Trump said Yates had "betrayed the Department of Justice by refusing to enforce a legal order designed to protect the citizens of the United States." He named long-time federal prosecutor Dana Boente as Yates' replacement.

Yates' abrupt decision reflected the dissent over the order, with administration officials moving to distance



Sally Yates was fired Monday as acting attorney general after she refused to defend Donald Trump's immigration ban.

PETE MAROVICH/GETTY IMAGES FILE

themselves from the policy. As protests erupted at airports over the weekend and confusion disrupted travel around the globe, some of Trump's top advisers and fellow Republicans privately noted they were not consulted about the policy.

Other parts of Trump's administration were voicing dissent Monday. A large group of American diplomats circulated a memo voicing their opposition to the order, which temporarily halted the entire U.S. refugee program and banned all entries from seven Muslim-

majority nations for 90 days. In a startlingly combative response, White House spokesman Sean Spicer challenged those opposed to the measure to resign.

"They should either get with the program or they can go," Spicer said.

The blowback underscored Trump's tenuous relationship with his own national security advisers, many of whom he met for the first time during the transition, as well as with the government bureaucracy he now leads. THE ASSOCIATED PRESS

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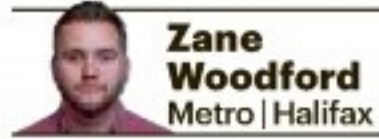
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City looks to ditch plastic bags

ENVIRONMENT

Options could include ban, partial ban or charge per bag



Zane Woodford
Metro | Halifax

Regional council's environmental committee could ask for a staff report this week to consider banning plastic shopping bags in Halifax Regional Municipality.

A motion from Coun. Tony Mancini at Thursday's meeting of the Environment and Sustainability Standing Committee will ask for a staff report on "options to reduce or eliminate the use of plastic shopping bags in the municipality," including a complete ban, a partial ban or charging shoppers per bag.

"The request is just to have a staff report look at what's out there, what are the trends, let's see if we can get some evidence on what's been working



Halifax council inquired about reducing or eliminating the use of plastic shopping bags during the Environment and Sustainability Standing Committee meeting on Thursday. THE CANADIAN PRESS

well, what's not working well," Mancini said in an interview. "Right now I have an inter-

est, it's not saying, 'We shall do this,' but it's more of an interest."

Mancini wants to hear feedback from people and businesses in Halifax on the ef-

fects of a ban, and wants to make sure it wouldn't have any negative implications for



If the evidence shows that it's worthwhile to pursue it, I think it would be something of a gradual approach to it.

Coun. Tony Mancini

small "mom and pop" shops. "We have to be careful of a complete ban on anything," he said. "If the evidence shows that it's worthwhile to pursue it, I think it would be something of a gradual approach to it."

Mancini's request notes municipalities across North America have been working to reduce their usage of plastic bags.

Montreal, for example, has implemented a plastic bag ban that comes into effect in 2018. That ban outlaws plastic bags less than 0.05 millimetres thick, and carries fines of up to \$4,000 for retailers.

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COURT

Appeal for man convicted of sexually assaulting wife denied

Nova Scotia's highest court has dismissed an appeal by a man convicted of sexually assaulting his common-law wife, in an unusual case that garnered national attention when the victim asked the court to lift a publication ban on her name so she could speak out about her ordeal.

The Nova Scotia Court of Appeal, in a decision released Monday, rejected Jared Peter Beck-Wentzell's claim that the original trial judge misunderstood evidence and failed to consider a

key defence argument.

During his trial, Beck-Wentzell's lawyer argued his client should be declared not guilty because the young man had an honest but mistaken belief that his wife had consented to sex in their home in Bridgewater.

Shannon Graham testified she awoke when Beck-Wentzell entered their bedroom late on July 12, 2014, and she told him she was not interested when he started to remove her pyjamas and indicated that he wanted

to have sex. She told the court he continued to sexually assault her while she tried to shove him away and repeatedly said "no," from "the beginning right till the end."

In a written decision, Justice Cindy Bourgeois said whether or not intercourse took place was not central to the case.

As well, the top court rejected the argument that Beck-Wentzell had an honest belief that his wife had consented to sex.

THE CANADIAN PRESS

Halifax DIGEST

WEST STREET

Shooting investigation

Police are looking into a shooting they believe occurred overnight Sunday.

In a media release Halifax Regional Police said they responded to a residence at noon on Monday for what the resident believed were bullet holes.

The home was in the 5600 block of West Street in Halifax.

Police located several

holes in the residence and several shell casings in front of the residence. No one was injured.

The shooting is believed to have occurred sometime overnight Sunday. Police canvassed the area to try to discover when the shots were fired.

METRO

ICE STORM

Troops lend hand

Troops are arriving in northeastern New Brunswick

to help after the devastating ice storm that has been linked to two deaths and more than two dozen hospitalizations from carbon monoxide poisoning.

Paul Bradley, a spokesman for the province's Emergency Measures Organization, said that as of Sunday evening 31 people had been treated for exposure to the gas — in some instances from the fumes created by generators.

THE CANADIAN PRESS



Nova Scotia Teachers Union president Liette Doucet speaks to reporters in October 2016.
ZANE WOODFORD/METRO

Universities sue teachers' union

WORK TO RULE

Labour action should not affect student teachers: Suit



Haley Ryan
Metro | Halifax

A group of Nova Scotia universities taking legal action against the teachers' union say hundreds of student teachers might not graduate on time, due to an "unnecessary" directive under work-to-rule.

On Monday, Acadia, Cape Breton, Mount Saint Vincent, St. Francis Xavier, and Sainte-Anne universities filed two items against the Nova Scotia Teachers Union (NSTU) in the Supreme Court of Nova Scotia.

"This was an unnecessary decision made by NSTU that has not been made in other jurisdictions," Dr. Kent MacDonald, St. FX president speaking on behalf of the universities, said Monday.

The first item seeks a declaration that the NSTU's Dec. 5th, 2016, work-to-rule job action directive that keeps members from accepting student teach-

ers in the classroom violates Section 31 of the Education Act; the second asks for an injunction to bring student teachers back to their practicums "as soon as possible."

MacDonald said the universities have no issue with work-to-rule in general, since it specifically applies to withdrawing "non-core activities" like field trips and extracurriculars, but working with student teachers is a "core activity" in the Education Act.

"Section 31 ... is absolutely clear that a fundamental responsibility of a teacher in this province is to accept, supervise and evaluate student teachers," MacDonald said.

MacDonald said of the 600 student teachers in the province, about 300 are being impacted now since those from MSVU and Cape Breton were supposed to begin their practicum in early January, and they are in danger of losing out on most of their 15 weeks required to graduate.

The universities tried multiple times to meet with the NSTU but had no success, MacDonald said, so when the work-to-rule was reinstated this week the group decided it was necessary to go to the courts.

Liette Doucet, NSTU president, agreed Monday the union hadn't met with the universities, but only because the schools hadn't first sent their "contingency plans" on how they planned to help student teachers, and would tell those affected to "hang in there."

"(They should) speak to their university about contingency

TEACHER'S ED.

St. Francis Xavier President Dr. Kent MacDonald said while universities have considered alternative placements, field practicums are the best way to learn — and if anything, having student teachers work "side by side" with unionized members in a job action would be a great learning opportunity.

"By allowing these student teachers in, it does not take away from the ultimate goals that those individuals are saying; in fact I would say it would strengthen them," MacDonald said.

plans. The Department of Education are the ones who will certify teachers, and they're the ones that create the qualifications ... it's possible that they could also contact the department," Doucet said.

She added that the NSTU is working hard to change classroom conditions for current and future teachers, and right now they are "taking a stand."

Although Doucet said the union made directives back in December they thought were necessary, they continue to monitor the situation and will discuss them when the provincial executive meets soon.

"I can't say that they'll change, however it's possible they will," she said.

INDIGENOUS AFFAIRS

Mi'kmaq win victory in court over natural gas storage project

A Mi'kmaq band has won a victory in its battle against an energy company's plan to store natural gas in underground caverns in central Nova Scotia.

In a written decision released Monday, a provincial Supreme Court judge quashed the province's rejection of the Indian Brook band's appeal of the plan, saying the band was denied procedural fairness.

Justice Suzanne Hood ruled the province wrongly refused the band's request to review and respond to reports on the project by the Nova Scotia Office of Aboriginal Affairs and the Environment Department.

Indian Brook argues Alton Natural Gas Storage's plan to flush out salt to create storage caverns near Stewiacke poses an environmental risk to the nearby Shubenacadie River.

Hood says the band was repeatedly denied access to a 30-page interim report written by provincial environment project leader Glen Warner and submitted to Environment Minister Margaret Miller on the same date she

denied the band's appeal in April 2016.

"As a result I conclude the decision of the minister should be quashed," said Hood. "It was not procedurally fair in the circumstances of this case, in that there was a refusal to allow Sipekne'katik (Indian Brook) to have a copy of and respond to the Warner report."

Hood said the matter has been sent back to Miller to allow the band an opportunity to review Warner's report and material from the Office of Aboriginal Affairs "on which Warner relied."

Cheryl Maloney, a former Indian Brook councillor who helped organized protests against the project, welcomed the court's decision calling it a "good day."

"We knew the appeal process wasn't being done correctly," said Maloney.

But Maloney expressed disappointment the judge didn't address the government's duty to consult the Mi'kmaq.

"Those questions are still going to be unanswered for projects and developments in

NO HALT

In an emailed statement, Alton Gas said the court decision does not affect further project work.

Nova Scotia and they are still going to be tested," she said.

In her ruling, the judge said that by sending the matter back to Miller, "it is unnecessary for me to deal with the issue of consultation."

In her ruling Monday, the judge also declined to grant the band's request for a stay of Miller's project approval.

"I conclude I do not have the authority to deal with a stay while the matter is subject to appeal to the minister," wrote Hood.

In an email, an Environment Department spokeswoman would only say the department would need more time to review the court decision.

"The company can continue operations at this point," said Krista Higdon.

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DAY IN COURT

The universities are hoping a court date on the injunction could come as early as next week.

STEP UP



Feeling helpless? Don't stand by, step up. Here's the **Metro guide** to fighting Islamophobia and anti-refugee sentiment in your community.

MARCH

While there are currently no marches organized in the Halifax area following Monday night's vigil at Halifax City Hall, **stay tuned to social media** as grassroots events can quickly crop up.

SIGN

The **Canadian Civil Liberties Association** has drafted a script people can use to ask their MP to act regarding the recent U.S. travel ban. Specific demands include increasing the number of refugees accepted by Canada this year and suspending the Canada-U.S. Safe Third Country Agreement. You can find it at **ccla.org**.

JOIN

Another great way to take action is to **invest your time**. There are plenty of community and non-profit groups that are working to end Islamophobia and racism, some of which have been toiling away for years and others that have sprung up in response to recent waves of hate.

To support recent immigrants and refugees in Nova Scotia, become involved with the **Immigrant Services Association of Nova Scotia** (www.isans.ca). The non-profit organization is always seeking volunteers in addition to donations.

MEET

Get out of your comfort zone, expand your social network and try to reach out to people who don't look like you or share your views. You can start by introducing yourself to someone at a march, if you choose to attend.

SUPPORT

The **Halifax Refugee Clinic** is a non-profit, community-based organization. It provides free legal and settlement services to refugee claimants in Nova Scotia who can't afford private legal services. The clinic relies on donations. Learn more at **www.halifaxrefugeeclinic.org**.



GOT AN IDEA?

Metro's on the hunt for stories about the ways people are taking action and waging love to fight the political climate of hate. Tweet us with the hashtag **#WageLove** or email **angela.mullins@metronews.ca**.

We should take Syrians and graduates the U.S. has rejected

HALIFAX MATTERS

Tristan Cleveland



Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk —

without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecu-

tion, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, offer to bring the Syrian refugees the United States has already vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with equally decisive action.

And that's only the start. A cohort of recent graduates in the United States from those seven countries will have

their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success. The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe,

extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient

hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.





Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as \$1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to \$63 and the hormonal IUD costs up to \$380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian

women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; \$54-\$63 at Planned Parenthood

Pros:

- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:

- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD

99 per-cent effective; \$306-\$380 at Planned Parenthood

Pros:

- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:

- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion



JOHANNA SCHNELLER WHAT I'M WATCHING

Harbouring fierce resistance

THE SHOW: Screen Actors Guild Awards (Global)

THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, *Veep*), Emma Stone (best actress, *La La Land*) and Mahershala Ali (best supporting actor, *Moonlight*) — Netflix's *Stranger Things* wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays

police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go deeper, and through our art, to battle against fear...by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will

repel bullies. We will shelter freaks and outcasts...We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals...we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its

liberalism. First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards. CHRIS PIZZELLO/INVISION/AP

When the gym routine gets boring

With their own gyms crowded thanks to the onslaught of "January Joiners," Metro's **Melita Kuburas** and **Colin McNeil** decide to try some alternative fitness options. Breaking up the ol' routine has its upside...

1 What: Daybreaker — 6 a.m. Dance Party
Sweat factor: Medium
Price: \$\$
Would return: Definitely

A handful of people are crowded outside the entrance of a club on King Street West. The dress code is a mix of patent platform shoes, neon tights, sneakers and glitter.

It's 5:45 a.m. and no, this isn't the spillover from a rave the night before: We're here for a yoga class and dance party before everyone shuffles off to work for the day.

Inside The Spoke Club, a guy in Hammer pants with international flags on them checks the guest list on his phone. "Boom! You're in!" he shouts.

As people pile in, it quickly becomes hard to find room for a yoga mat. "There's space for one more human here," the instructor says, motioning in front of a DJ near the stage.

After an hour of easy yoga — sun salutations before the sun has even come up — we skip

Savasana and instead partner up with a stranger to try the double chair pose for a little friendly competition with the rest of the approximately 150 people in the room.

After rolling up my mat I cheers with a shot of cold-brew coffee with my partner, grab a bottle of water and start dancing.

The music was a mix of EDM and pop, and surprises included a brass band busting through the dance floor, and the yoga instructor putting on a light show.

Daybreaker started in Brooklyn, and is now held in 15 cities around the world (in Canada, this includes Montreal, Toronto and Vancouver is coming soon). Cost varies between \$25 to \$35, and the next event in Toronto is Feb. 14, with the theme called Love Lockdown.

You'll be buzzing with good vibes all day. MELITA KUBURAS/METRO



Daybreaker is a dance party that starts before most people begin their morning commute. CONTRIBUTED

2 What: Olympic-style weightlifting
Where: Kanama High Performance, Toronto
Sweat factor: High
Price: \$\$\$\$
Would return: Yes

In the dojo-like space at Kanama High Performance, novices and national champions alike dedicate themselves to performing the two movements that make up Olympic weightlifting: the snatch and the clean and jerk.

For anyone not up on their terminology: both involve using explosive strength to bring a weighted barbell from the floor to a static position held over your head, all in one fluid motion.

Even the beginner class at Kanama had a serious, stoic vibe to it.

Surrounded by an open, minimalist gym thick with chalk dust and adorned with multi-coloured bumper plates, the class was a quiet one at first. Silence punctuated by crashing barbells made up the soundtrack until the warmups ended. Then came the music — EDM and trance.

The session I attended was made up of four lifters (including myself), all young men.

Not once during the hour and a half class did the three other students congregate to chit chat or pull out their phones and text. Each one was solely focused on their little square of the gym and their own weightlifting form.



The 45-pound bar is much less than Colin McNeil would normally lift, he says, but using proper Olympic form makes it much more difficult to do. IRA LAMCJA/METRO

While some at Kanama are training for medals, those in the introductory class are there to learn under coach Rich Davidson — a competitive athlete at the national level.

Davidson first assesses your fitness and mobility level, then works to improve those while building the foundational movements for Olympic lifts.

This means breaking them down to their component movements, and practising those. Think of it like learn-

ing individual chords before putting together a song.

Davidson had me use a standard 45 lb Olympic bar with either no additional weight, or just a few 10 lb plates. The idea at first is to fine tune your weightlifting form — not heave enormous amounts of iron to boost your ego.

Cost is \$200 to \$350 per month, so the class is only for those who are ready to commit to heavy lifting.

COLIN MCNEIL/METRO

Gotti

Shepard Beagle Mix

Gotti was brought to the Dartmouth SPCA when his previous owners were no longer able to care for him. He is approximately 5 years old. You can tell he has some beagle in his genes because he can be quite the talker! Gotti would do great in a home with no other animals and children ages 12 and up. Since he loves to chat with you, we also believe he would like to be in a house, rather than an apartment or condo. He would love for you to join him on a long walk at the shelter if you believe you're the best fit for him.



For more information on **Gotti** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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HEALTH, MIND AND BODY

Being mindful is good for wellness

Stress can lead to restlessness, lack of sleep, poor diet and anxiety — all of which can have serious implications on your health and immune system.

Stress caused by brief pressures (such as exams or looming deadlines) can suppress the part of the immune system responsible for killing and breaking down invading bacteria or viruses, while chronic stress (such as workplace or family pressures) can actually suppress the entire immune system. This makes you more susceptible to becoming sick and passing it on to others.

Mindfulness is a simple and effective way to combat stress. You can easily include the practice in your daily routine by simply paying attention to your breathing, tuning into your body's physical sensations and taking a few

minutes for meditation.

Being more mindful creates many positive effects directly on the immune system, including reducing inflammation symptoms and stress hormones. Incorporating mindfulness into your lifestyle has the added benefit of minimizing the occurrence, length and severity of the common cold and flu.

To help manage stress better and find inner balance, you can also try a few easy-to-find natural health products, including:



ISTOCK

Valerian: Commonly used for its anxiety-reducing and sedative effects, this root is available as an herbal tea and supplement.

Omega-3s: Supplementing with fish oil rich in omega-3s has been shown to reduce stress symptoms.

Probiotics: The immune system is a key communication pathway between the gut and brain, which plays an important role in stress-related behaviours. The microbial content of the gut plays a key role in immunity, and can be supported with probiotics. —NEWS CANADA

So many eyeglasses to choose from



CONTRIBUTED

For many of us who need eyeglasses, choosing a new pair can be a daunting task.

At The Canadian Optical Warehouse there is a high likelihood that you will not only find your next pair of glasses, but will enjoy the experience. The friendly, courteous and professionally trained staff will give you as much or as little information as you would like about the latest in frames and lenses.

Take the opportunity to express yourself with flair and style, all at very reasonable prices.

"Our customers have come from all over the Maritimes to see our collections and it is certainly not uncommon for people to drive from Bridgewater, Kentville and Truro to visit us" says co-owner/manager Kristie Robertson.

With one of the largest selections of eyeglasses available in Eastern Canada, many customers find it difficult to select just one frame, especially since prices resemble those found on the Internet. As an example, the Enhance collection of frames start at the everyday low price of just \$19.95. You can even find hand crafted Italian frames for as little as \$119.95.

You may not find all top brands available at The Canadian Optical Warehouse, but you can be sure you will find one of the widest selections in fashionable frames.

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Take a new approach to wellness in 2017

CONTRIBUTED

Your local Community Health Team understands that making health-related changes can be expensive, not to mention hard. That's why we offer a range of free health and wellness programs provided by health care professionals who are trained in behaviour change.

"We know that change needs to be meaningful and made when you are ready. Community Health Teams can provide the support you need to create real and lasting change," says team lead Lisa Sutherland.

The Community Health Teams are located in Spryfield, Halifax, Dartmouth and Lower Sackville but also provide programming in many other neighbourhood locations such as libraries and community centres.

"Access is key. Our programs are free, scheduled at various times throughout the day

and in locations that are on bus routes," says team lead Lindsay Dickson.

Free programs offered by the Community Health Teams include nutrition and weight management, physical activity, emotional wellness and risk factor management. The teams also offer parenting programs in partnership with the IWK Health Centre.

"Programs are designed to meet you where you are in the change process. Even small changes can have a big impact," says wellness facilitator Ashley South.

Not sure where to start? The Community Health Teams offer wellness navigation to help you prioritize health goals and connect you to the resources you need.

For more information call (902) 460-4560 or visit communityhealthteams.ca.

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GNC, a leading provider of high quality sports and wellness products, focuses on helping customers achieve their goals whether it's weight loss, stress reduction, digestive care, or active lifestyle support.

"We have a dedicated team who in quite a few cases began as a customer," said Lori Falconer, regional sales director. "Their own experience with our service and results led them to joining our team."

Throughout the years, the success stories have grown. Some GNC customers have lost over 90 lbs through the support of supplementation. Others suffering from inflammation, low energy and overall poor health have seen an enormous impact from incorporating vitamins, oils, probiotics and other products.

"We've provided performance solutions for our younger and older customers alike to increase their overall endurance, energy and results by asking key questions to appropriately suit their needs," Falconer said.

"In recent months, we have seen an increased interest in natural products such as charcoal and essential oils. As we enter into a new year, many people stop in who've set goals and need further support."



CONTRIBUTED

GNC's team of skilled sales professionals will help you achieve your goal, no matter how big or small.

"At GNC, we take pride in providing great service, premium quality and solutions," Falconer said. "We are committed to helping you live well and we have 82 years to show for it!"

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- Sunnyside Mall, Bedford
- Halifax Shopping Center, Halifax
- Mic Mac Mall, Dartmouth



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Community Health Teams



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Personalized program takes the weight off

EWYN Weight Loss works with clients one-on-one to design a program to lose weight and keep it off for good.

With EWYN, people are dropping weight while eating real food and getting personalized support all along the way.

Owner Nicole Wreaks started the EWYN program herself in August and lost 40 lbs.

"I am down five dress sizes, have more energy than I have had in over five years," she said. "Like every client I have had my share of challenges, but with the encouragement and guidance of the EWYN team I was able to get past them and stay on track to hit my goals."

There are no gimmicks or fad diets here. They work with clients to focus on nourishing the body with one-on-one coaching. It's a program designed to increase metabolism and help keep the weight off.

"Our clients are losing weight, learning healthy eating habits and reaching their goals," Wreaks said. "Because we offer one-on-one sup-



CONTRIBUTED

port and individualized programs our clients see and feel the positive results right away."

And it gets even better: EWYN is the solution to your new year's resolution with a sale of 50 per cent off full programs. Give yourself the gift of a healthier you in 2017.

"Whether you want to lose 10 lbs or 100 lbs or just learn how to eat right to help keep your weight off, we have programs for everyone," Wreaks said. "We have Exactly What You Need!"

Stop by EWYN Weight Loss at 590 Portland St. Dartmouth or call (902) 446-3996.

Your kids will love learning circus arts while you hit a fitness class

Explore the magical world of circus arts this year at Studio in Essence.

At the studio in downtown Halifax, you'll learn poses on aerial fabric, hang from the aerial hoop or fly on the trapeze. There are classes and parties for youth and adults.

"Our March Break Camp and PD days are a great way to increase physical activity in an energetic, team-oriented atmosphere," said director Christy Sanford. "The day combines physical skills, teamwork, creative self-expression and performance experience in a fun and supportive environment."

The talented instructors at Studio in Essence focus on safety, skills, strength building, and fun. You will start close to the ground and gain height as your confidence and abilities increase. Eventually, you will be dancing in the air while connecting with others with the same passion.

"Instead of sitting and watching your children, why not join a pilates reformer or fitness class at the same time with one of our expert instructors?" Sanford said. "You will walk away with a tired-out child, a great mind-body experience resulting in long, lean muscles, a strong core and flexibility."



CONTRIBUTED

Pole Sport is another popular program offered at Studio in Essence. Learn the art of gymnastics on a vertical bar. Spin and twirl your way into a stronger and more flexible version of yourself.

All first level programs are designed for the true beginner, Sanford said, and you don't need to be fit in order to join.

"By sticking with our program each week you will become stronger and more flexible and able to do moves and combinations you never thought possible," she said.

Check out studioinessence.com, call (902) 405-5500, or drop by the studio at 1535 Dresden Row, Suite 203.

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Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls—," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation



"I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."
Raptors point guard Kyle Lowry

GETTY IMAGES



Masai Ujiri
GETTY IMAGES

and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the

ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world."

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go

anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?"

TORSTAR NEWS SERVICE

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.

Major League Soccer union chief Bob Foose



assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."

THE ASSOCIATED PRESS

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given

Families are being torn apart and I worry in the big picture what this means to the security of the world.

Warriors coach Steve Kerr whose father Malcolm Kerr was murdered while he was the American University president in Beirut.



SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries, different cultures."

The Toronto native will re-



Julian de Guzman.
GETTY IMAGES

main in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part of a young talent evaluation camp last November.

"My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna.

THE CANADIAN PRESS

MLB

Cardinals punished for hacking Astros

The St. Louis Cardinals were stripped of their top two picks in this year's amateur draft Monday and ordered to give them to Houston along with \$2 million as compensation for hacking the Astros' email system and scouting database, the final and unprecedented step in an unusual case of cybercrime involving two Major League Baseball teams.

Baseball Commissioner Rob Manfred also banned former St.

Louis executive Christopher Correa for life as he ruled the Cardinals must give the 56th and 75th draft choices in June to Houston. They must pay the Astros the money within 30 days.

Correa, the Cardinals' director of baseball development until July 2015, pleaded guilty in federal court last year

to five counts of unauthorized access of a protected computer. He was sentenced to 46 months in prison. THE ASSOCIATED PRESS

46

Number of months Chris Correa was sentenced to for hacking.

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Fatigued Nadal to miss Davis Cup action with Spain

Rafael Nadal is taking some time off after his Australian Open final loss to Roger Federer. The Spanish tennis federation said Monday that Nadal has been dropped from Spain's Davis Cup team because of fatigue following his five-set loss to Federer in Sunday's final.

He will be replaced with Feliciano Lopez for next weekend's best-of-five series at Croatia in the first round of the World Group.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes

Prep time: 10 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

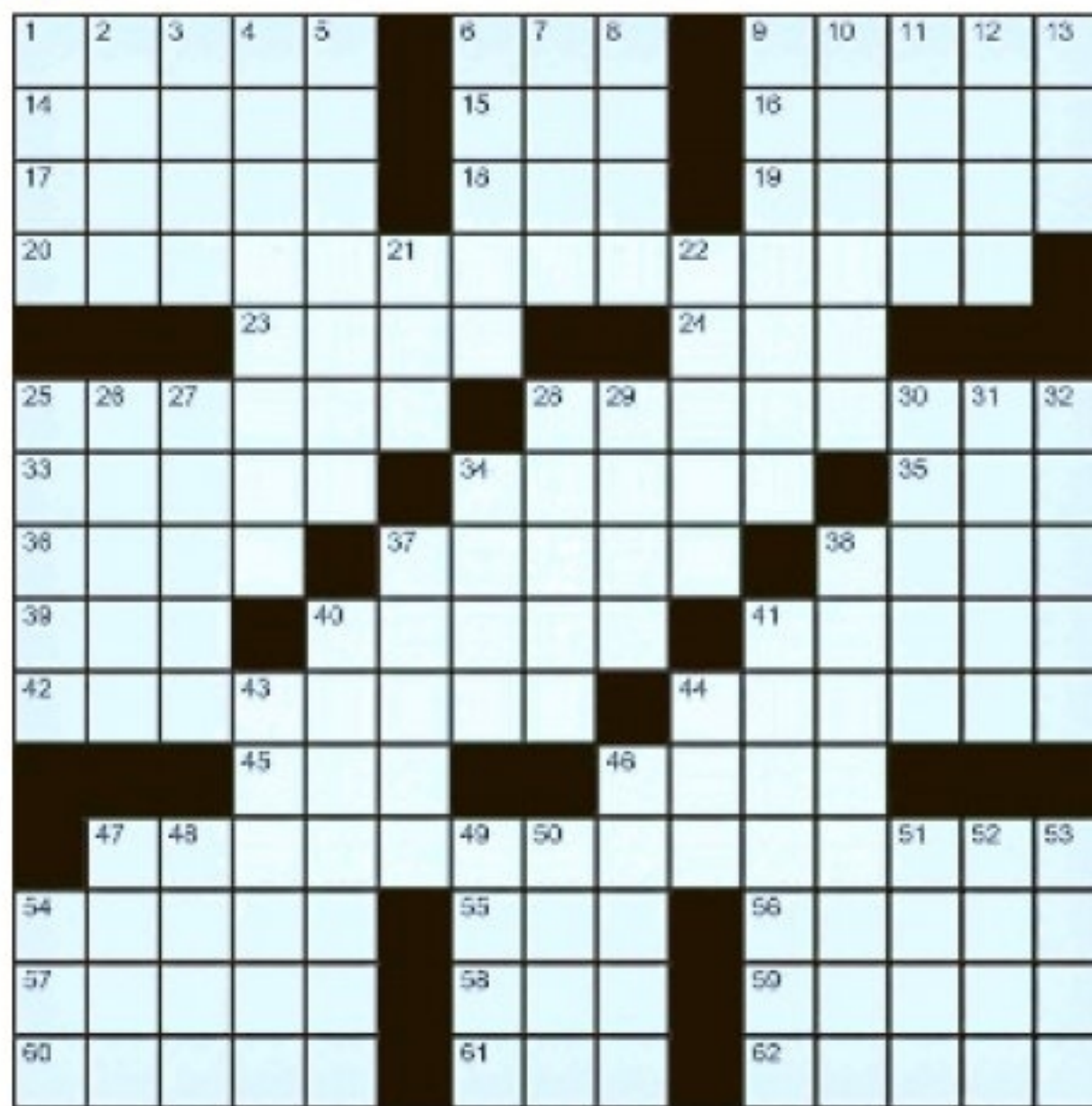
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_- ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "___ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named



by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time

57. Archaically anoint
58. Unwell
59. ___ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN

1. ___ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schiffrin
4. Assembles/organizes
5. Driving wheel user

6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric

12. Wedding cake level
13. TLC's "Say ___ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. ___ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture ___
38. Hiker's 'bag'
40. ___ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song ___"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't over-react — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

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|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 3 | 1 | 5 | 7 | 8 | 4 | 9 |
| 5 | 7 | 9 | 4 | 8 | 6 | 2 | 3 | 1 |
| 8 | 1 | 4 | 9 | 3 | 2 | 6 | 7 | 5 |
| 4 | 3 | 2 | 7 | 9 | 5 | 1 | 6 | 8 |
| 9 | 8 | 6 | 2 | 1 | 4 | 3 | 5 | 7 |
| 7 | 5 | 1 | 3 | 6 | 8 | 4 | 9 | 2 |
| 6 | 2 | 8 | 5 | 4 | 9 | 7 | 1 | 3 |
| 3 | 4 | 5 | 8 | 7 | 1 | 9 | 2 | 6 |
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WHAT'S MORE IMPORTANT THAN KEEPING CANADIANS SAFE?



Canadian Border Services Officers are the first line of defence in keeping our borders and families safe.

Whether it's stopping illegal drugs and guns or child abductions, it's tough work. Their job is to protect Canadians and our communities.

**PRIME MINISTER, KEEP
YOUR WORD. SUPPORT
THE PEOPLE PROTECTING
CANADA'S BORDERS.**



Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

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